



DOUGLAS COUNTY PARKS & RECREATION DEPARTMENT YOUTH VOLLEYBALL RULES & REGULATIONS



3&4 Grade League
5&6 Grade League
7&8 Grade League
High School League

PURPOSE

1. The purpose of the Douglas County Recreation Department's (DCR) Youth Volleyball League is to combine the interest of the volleyball community and youth participatory sports into friendly, wholesome recreation and clean sportsmanship.
2. See also the Grade-specific rules summary sheets at end of rules.

ACCEPTABLE BEHAVIOR

1. All persons attending Youth Volleyball are expected to behave in a friendly, wholesome, supportive, and positive manner.
2. Absolutely no derogatory behavior of any kind, directed at any organization, person, or group, will be tolerated within the facility vicinity.
3. The only acceptable responses to actions of the players are cheers and applause. Only the coaches are allowed to correct the behavior of players under their supervision (i.e., during match times), and they should do so in a positive and instructive manner.
4. Players may not comment, except positively, to members of the opposite team. Players may inform their coaches of any questionable behavior by players on the opposite team.
5. Only the coaches responsible for the players on the court may communicate with the referee, except at the request of the referee.
6. The referee staff may direct coach(es) to correct the behavior of players on their team. The referee staff may suspend a game in progress or delay start of a game for compliance.

COACHES

1. All official adult coaches (people who have team-related unsupervised access to players not their own children) must complete a DCR Coach Packet, including DCR-paid fingerprinting and background check.
2. A team may have a maximum of 2 official coaches, who will be listed on the Team Roster.
3. Only coaches and players who appear on the Team Roster may be on the player side of the court from the time a match starts until it is finished.
4. Only one coach may be standing on the player sideline at any time. Any other coach and all the players must be seated from the time the referee signals for the start of a point until the ball is signaled out of play.

FORMAT AND RULES

5. National Federation of **State High School Associations** (NFHS) Volleyball and **USA Volleyball** (USAVB) rules were used as the basis for this rule set. Modifications are made herein to meet the needs of the DCR Youth Volleyball Program. This rule set is intended to clarify and to inform. The rules presented in this document are neither comprehensive nor complete.
6. Unless modified in this document, NFHS rules will apply.

7. DCR reserves the right to amend or change the applicable rules at any time. DCR is the only entity authorized to make changes to the rules.
8. **Old timers:** be aware that the rules of volleyball are constantly evolving. The rule you think you remember your coach teaching you may not be currently applicable for playing the modern game of volleyball!

GAMES: LEAGUE AND RESCHEDULING

1. DCR is the only authority that can cancel, postpone, or reschedule games. DCR will *attempt* to reschedule any canceled or postponed games.
2. Team managers/coaches are responsible for contacting team members regarding rescheduling or cancellation of games, or any other league information disseminated to them by the DCR.

ELIGIBILITY OF TEAMS & PLAYERS, EQUIPMENT

1. Players may not play on more than one team. Players are placed on teams using DCR procedures.
2. Managers are responsible for listing all *available* players for each game on the line-up sheet.

DCR SPECIAL LEAGUE RULES

1. In all cases, at least one player (the server) must be designated a back row player. (*Exc.* 3/4 Grade)
2. Teams will use an all-roster rotation. (*Exc.* H.S.) Coaches have the option of rotating players into or out of the game from *either or both* sidelines. Players leaving the court sit on the end of the bench while players at the front of the bench enter the court.
3. In the case of late-arriving players, coach may insert player, after referee inspection, into the line-up, or may opt to withhold player for inclusion in the following game.
4. There will be a maximum of 6 players on the court during play; the coach shall submit a line-up sheet listing the service order of all eligible players to the referee prior to game start.

REFEREE TEAM

The referee team will consist of one DCR-approved referee and two team-provided line judges:

1. **The referee is the sole and final judge of all calls made and will manage the game.**
2. Each team will provide one line judge for each Game played.
3. The referee will give a brief training to the line judges before their first game.
4. Line judges will work on the side of the court opposite their teams.
5. Line judges do not make calls during the match, but *assist* the referee in making the call by providing an *immediate, silent signal* indicating:
 - whether the ball is out of play inside or outside of the court, or
 - that a player touched the ball before it went out of play.
6. The referee makes the call of the results of every play, based on information available. Line judges are admonished to immediately conform their signal to the call of the referee unless they believe that the referee did not see their signal, in which case they may hold their signal for a maximum of 2 seconds before returning to the neutral position.
7. Only an official coach from one of the teams playing on the court may question, in a timely manner, either the call of the referee or the score. He or she is limited to asking politely if the referee is sure of the call made or the score. Any discussion will be at the sole direction of the referee.

8. No call or score may be changed once the referee signals for the next service to begin.
9. The rules are the framework within which the game is played. The referee will be the sole determiner of the rules applicability, stringency of rules application, and facts of each play.
10. Spectators, coaches, and line judges are warned that any *attempt(s) to interfere with a referee's ability to control the game* will subject that person to possible expulsion from the facility.
11. **NOTE: referees will make mistakes.** Many of them are young and/or inexperienced at refereeing. That is the nature of our game. Anyone abusing any referee in any manner may be ejected from the facility, and *may also* be prohibited from attending future events, at the sole discretion of DCR.
12. **Any comments about the game, referees, or other aspects of Youth Volleyball Leagues should be directed toward a non-referee DCR representative.**

DEFINITIONS

- **Playable Area:** this is the area in the gym that includes the court and floor surrounding the court up until any obstacle is reached, but excludes the neighboring court and its boundary lines.
- **Attack:** any ball legally contacted by a player that crosses, *or in the opinion of the referee would cross*, above the net into the opponent's court or playable area.
- **Attack Hit:** an attack where player's contact with the ball occurs while the ball is entirely above the height of the net.
- **Block:** contacting an opponent's **attack** *while some part of the body is above the height of the net*. A "soft block" must meet the criteria for a block. Any play that could be considered both an attack and a block qualifies for treatment as a block.
- **Attack Line:** the line marked on the floor parallel to and approximately 10 feet from the centerline.
- **Fault:** any illegal action. A fault results in an immediate loss of rally and a point and serve being awarded to the opposing team (exc. If opponents commit faults simultaneously, the result is a replay).
- **Player:** any of the team members designated on the line-up sheet to be on the court during the play.
- **Back Row Player:** one of the 1 to 3 players, always including the server, who by serve position are *not eligible* to **attack hit** or **block** while last touching the court in front of the attack line.
- **Overlap:** players whose feet are completely on the incorrect side of the adjacent player at the moment the ball is contacted for the serve.
- **Term of Service:** begins when a player assumes the right back position and ends when a loss of rally and serve is awarded to the opposing team.

FORFEITS, GAME TIME & WARM-UP

1. **League matches** will consist of 3 games to 21 points using rally scoring: each time the ball is served and the play is completed, one team or the other will score a point. A team must win by 1 point.
2. **Playoff matches** will be best 2 out of 3 games using rally scoring: each time the ball is served and the play is completed, one team or the other will score a point.
 - Games 1 & 2 are played to 21 points, with a cap of 25 points (first to 25 wins)
 - Game 3, if needed, is played to 15 points, with a cap of 21 points (except *Finals* with no cap).
3. *Game time* is the later of 10 minutes following the prior match or the scheduled start time.
4. *Game time* for Games 2 and 3 of a match is the later of 10 minutes following previous game's start time or following a completed game. A 2-minute break will be allowed between games.

5. A team must field 3 players to start or continue a game. The game lineup sheet is due to the referee 2 minutes before *game time* at referee's request.
6. *Game time is forfeit time.* The referee determines game time for forfeit purposes.
7. If a team is not able to start or continue any Game, that game will be forfeited to the opposing team (Score 21 – 0). If both teams are not able to start or continue any Game, both teams are credited with forfeit (Score 0 – 0).
8. Only games won or lost are counted for the league record; match results do not affect the record except in cases of ties.
9. DCR-supplied uniforms should be worn during play. Uniforms worn during matches may not be permanently altered or modified (e.g., adding text or cutting fabric). Uniforms are the property and responsibility of the players.
10. Equipment (nets and games balls) will be provided by DCR. Practice balls may also be available. DCR will be responsible for maintaining their equipment. Players and coaches may use their own volleyball(s) for warm-up. The referee shall select game ball(s).
11. Teams scheduled to play the first match of the day may begin warming as soon as the gym and court are open; after the first match, teams will be given a minimum of **10 minutes warm-up time** after the prior match has completed and players/spectators have had a reasonable time to clear the court and bench area.
12. People are not allowed to play with balls on carpeted areas or on the sidelines of occupied gym space.

PRE-GAME PROCEDURES

1. About 10 minutes before *game time*, the home team coach shall pick the team's side for game 1.
2. About 5 minutes before *game time*, referee will signal to indicate Captains must:
 - Indicate to team that servicing warm-up has commenced
 - Participate in First Serve selection procedure (coin flip, ro-sham-bo, etc.)
 - Winner chooses whether his/her team will Serve or Receive
3. About 2 minute before *game time* coaches shall submit a Line-up sheet to the referee.
4. About 1 minute before *game time* the referee signals for teams to take the court.
5. The referee will give game ball to serving team, signals for the serve, and game will begin.
6. The team that serves first in Game 1 will serve first in Game 3; other team serves first in Game 2.

THE SERVE

1. Referees will direct that players must be completely within the court boundary, ready to play, and in proper rotation order before signaling for the serve. After the ball is contacted for the serve, players may freely move around the playable area, subject to the fault rules.
2. Players in adjacent (orthogonal) serve-order positions are not allowed to **overlap** prior to the service contact. In the case of teams with fewer than 6 players, any on-court back row player must be behind at least one front row player. The server is not considered for overlap determination. (*Exc. 3/4*)
3. Referees are directed to warn teams of rotation or position violations, and should not signal for the serve until teams are ready, given a reasonable time to adjust to tactical situations of the prior plays.
4. Players will serve in the order indicated on the line-up sheet.

5. At the end of an opponent's **term of service**, players on the team awarded the next serve must rotate one court position to begin their team's **term of service**.
6. Each team is allowed a maximum of 5 serves during one **term of service**. If a team successfully scores five (5) points during its **term of service**, the opposing team will be awarded the next serve, but no point will be awarded the newly serving team.
7. **One service retry is permitted per service in Division 2 and the first 2 weeks of Division 3 play; a fault is called if the ball fails to enter the opponent's court once a second service attempt is signaled.**
8. The referee will issue a warning to both teams the first time he or she determines that any player is abusing the service retry privilege; thereafter, if the referee determines that any player is intentionally abusing the service retry privilege, a fault will be called.
9. The server has about 5 seconds to start his or her service motion after the referee signals for the serve.

GAME STOPPAGES

1. The referee will whistle to stop play immediately for anything *outside* the game that he or she determines has *interfered* with the safety of the players, the ability of any player(s) to make a play on the ball, or of the referee's ability to make a proper call: no point will be scored and a replay will be issued.
2. When players of opposing teams simultaneously make contact with the ball at the net, and the ball comes to rest, the point will be replayed.
3. Any coach or player may politely request the referee to direct a non-player to refrain from distracting players or otherwise interfering with play. The referee may temporarily stop play to do so. Authorized activities in adjacent areas are allowed to continue so long as distractions are not directed at the game in progress.
4. Any time the referee stops play *accidentally*, no point will be awarded and a **new serve** will be awarded to the player who served to start the current rally.

TIME-OUTS

1. Teams will be allowed two (2) time-outs per game, to be taken during each game. No carry-over of time-outs from game to game during the same match is allowed.
2. Time-outs will last for approximately 30 seconds, or until both teams are ready to start play.
3. All players and both coaches from both teams may meet on the court during a time-out.

FAULTS (summary of important rules)

Players may use any part of their body to make any contact with the ball, including attacks.

Any ball that touches the net between any antennas is still in play, subject to all other rules for play.

DCR may or may not use antennas

- If antennas are in use, attacked balls must cross the net between the antennas. If a referee is uncertain of crossing location, s/he should allow play to continue.
- If antennas are not used, any ball that crosses into the opponent's court above the top of the net line, extended, is not a fault unless it violates another fault rule.

When multiple players commit errors, only the *first* error shall be counted as a fault.

A uniform is, but loose hair is **not**, considered part of a player's body for fault purposes.

It is a **fault**, with a point and service awarded to the opponent, when:

1. any player catches or carries the ball, or contacts the ball for excessive amounts of time,
2. any player contacts the ball more than once during play without another player contacting the ball. If the multiple touches results from a single play on the ball, then:
 - *On the first team hit after a serve or attack*, multiple contacts with the ball by a player in a single playing motion will be allowed. This action counts as a single contact,
 - *On a block*, a blocking player is allowed to make a second contact on the ball. This second contact by a blocker counts as the first team contact,
3. a team makes more than 3 contacts with the ball. A blocked ball does not count as a team contact,
4. the ball contacts anything other than a player or the net, except:
 - Any ball, *not an **attack***, which touches the ceiling or any object connected to the ceiling over the Playable Area is playable, subject to normal playability rules.
 - a. If any object attached to the ceiling over the playable area is not of sufficient height, any ball contacting that object will result in a replay without award of point
 - b. If the ball, while in play last touched by the team on that side of the net, touches the **end court overhang**, it will be called a “play over” if, *at the discretion of the referee*, there is an eligible team member *with a play on the ball*.
 - **NOTE:** If the divider curtain is down then the divider curtain supports are considered part of the **curtain wall**; if the curtain is up, the supports are part of the ceiling.
5. any server takes a second step on the end line or into the court before contacting the ball for the service (one step into the court is acceptable),
6. any player *interferes* with an opponent’s ability to make an unobstructed play on the ball. In general, no player is allowed to:
 - make contact with an opposing player on the opposing player’s side of the net *deliberately*, or if that contact affects the ability of the opponent to play the ball,
 - distract an opposing player by entering that player’s side of the net (including, but not limited to, causing the player to alter his or her motion for fear of injury), or
 - make noises or gestures to distract an opposing player (including during opponent’s serve).
7. any player’s *entire* foot or hand, or any other body part, crosses the center line and touches the opponent’s court,
8. any player makes significant contact with the net, but not if the ball causes the net contact,
9. any player gains advantage from contacting the net supports during play (e.g. uses them for support),
10. any player contacts anything but the floor within the playable area immediately prior to contacting the ball. Once contact with the ball is completed, that player may contact any non-floor surface,
11. any player receives physical assistance from any other player immediately prior to contacting the ball. Once contact with the ball is completed, physical assistance is allowed. Players are allowed to help a player avoid a fault, such as pulling them back from hitting the net, etc.
12. any **back row player** makes an **attack hit** or a **block**, unless that player last contacts the playing area *completely behind* the attack line (extended),

13. any player **blocks** or **attacks** a serve while the ball is still completely above the net height, unless that player last contacts the playing area *completely behind* the attack line (extended),
14. any player serves out of turn. If this fault is called, the correct person is assumed to have served and faulted, and players are set into the correct rotation positions before restarting play.
15. any player actively delays the start of any play,
16. any player contacts the ball when the ball is completely on the opponent's side of the net, except:
 - the opponent's team has completed its three allowed contacts,
 - the opponent's team has completed an **attack** (thus considered a block), or
 - no opponent has any play on the ball, in the referee's judgment.

SUBSTITUTIONS

Substitutions are not a normal part of the DCR Youth Volleyball Program. Once a player starts a Game, that player should continue in the game except for injury, illness (including *necessary* bathroom breaks), or family request. Players arriving late when a team has fewer than 6 people on the court, or a player needing to meet the required amount of playing time, should enter the game at the earliest opportunity.

1. All substitutions must be requested of the referee by the coach. All substitutions must take place during a stoppage of play with the referee's permission. A referee shall permit any valid substitution requested during a stoppage of play. Referee will record substitutions on the team's Line-up Sheet.
2. In matches with standard on-court rotations, the following rules apply:
 - a. A player entering the game shall replace a player, or if there are fewer than 6 players on the court, may enter into any space between players on the back line (players on the court adjust positions to accommodate the new player provided the current server remains in the serving position),
 - b. A player leaving the court may be replaced with any player waiting on the bench who has not yet played.
3. In matches with whole team rotations, the only substitutions shall be additions to or deletions from the service order:
 - a. Additions may be made any time a player becomes available to play, whether from being temporarily removed for injury or other acceptable reason, or when arriving late to a match.
 - i. additions may be made into any playing position,
 - ii. players on the court adjust positions to accommodate the new player provided the current server remains in the serving position,
 - b. Deletions may only be made for injury/sickness or at a family's request:
 - i. If the player to be removed is on the court, player is removed, and players rotate naturally to fill the spaces if there are players to enter on the bench, or rotate so that there are three players on the front line unless there are fewer than three players remaining on the team.
 - ii. If the player to be removed is on the bench, player is removed and bench players move to fill in any spaces on the bench,
 - iii. The server must remain in the service position,
 - iv. If the player removed is the server, the next server must move to take that position (even if it means that player does not get to serve in the next term of service).

GYM USE

All attendees must follow these rules:

1. No alcoholic beverages or smoking will be allowed at the Rec Center or on school facilities or grounds. Violating this will be cause for personal dismissal from the facility and grounds.
2. No open food or beverage containers are allowed in the gym. Water bottles are OK. Food/beverages should be opened and consumed outside the gym floor area. Please clean up after yourself!
3. No dogs or other pets are allowed in any gym, on school grounds, or at the Rec Center.
4. All persons will conform to gym use directions, as indicated by signs or directions from any DCR representative or employee, including designated seating areas, access routes, and movement restrictions. The gym is very crowded during game times, and we must insist that the players have first priority. Therefore:
 - Teams are restricted to the bench area provided, extending to the edge of the curtain (Team Bench Area). Players on the bench must remain seated or on the rubber mat during play; coaches are permitted to stand and walk along the sideline, provided they do not interfere with the referee team's ability to monitor court lines or player actions. There is no space for players to warm up once the match has commenced.
 - No one but designated team members (up to 2 coaches and rostered players) may be in Team Bench Area. At opposing coach's request, all unauthorized people will be removed.
 - Spectators will follow personnel and signs directing them to proper access points and designated seating areas.
 - Spectators must stay at least 3 feet from the court during play.
5. **CHILDREN** in all facilities used by DCR for these leagues and practices **MUST BE SUPERVISED AT ALL TIMES BY AN ADULT**.
 - a. Children must sit and watch, or play in designated areas. Even during stoppages, no one is allowed to:
 - i. Play in the hall
 - ii. Play in the gym
 - iii. Play in the bathrooms
 - iv. Play on the bleachers
 - v. Play on the courts (Except players)

NOTE: Parents are financially responsible for all damages they or their child/children cause.

Grades 3&4 League Rules Summary

Volleyball at the 3rd and 4th grade level is intended to provide instruction to the players and be an active and energetic game intended to teach a lifelong love of the sport. To this end, the rules will be enforced at a level significantly less stringent than that for the 5th and 6th grade level. To encourage player development and experimentation with advanced skills, rules for overlap, the attack line, and double touches are not enforced so long as the coaches and teams do not abuse these rules allowances, and blocking above the level of the net is not allowed.

- a. Teams will use light balls.
- b. Players will serve approximately 18 feet from the centerline. All rules that designate the service area and foot faults will be based on this line. This position may or may not be delineated by an actual line on the court.
- c. Teams will use the wide, BLACK basketball court line approximately 27 feet from the centerline within the standard volleyball court boundary as the end boundary of the court.
- d. There will be a maximum of 6 players on the court during play; the coach shall submit a game card with service order for all players present on the court and on the bench to the referee prior to game start.
- e. Teams will use an all-roster rotation, with the bench players, in order, substituting into the court:
 - i. into position 4 on the side of the court where the front row is rotating away from the bench, or
 - ii. into position 1 (serve) on the side of the court where the back row is rotating away from the bench.
 - iii. The player coming off the court shall sit at the end of the bench in rotation order.
 - iv. Coaches have the option of rotating players from benches on both sides of the court
- f. No rules applying to front and back row players, the **Attack Line**, **Overlaps** apply to 3&4 Grade League, so long as the service order is maintained.
- g. Blocking above the level of the net is not allowed in the 3&4 Grade league.
- h. Each point shall start:
 - i. with a signal from the referee for service (whistle and hand signal),
 - ii. Continue with the player in the service position contacting the ball to propel the ball into play.
- i. Each point shall end when one of the following events occurs, in order:
 - i. If the referee decide an outside agent interferes with play (replay the point),
 - ii. If the referee inadvertently blows the whistle (replay the point),
 - iii. when a player catches, lifts, holds, or contacts the ball for extended periods of time (point and serve to the opposing team),
 - iv. when a player contacts the ball twice with two distinct plays on the ball before another person contacts the ball (point and serve to the opposing team),
 - v. when a player makes significant contact with the net (point and serve to the opposing team),
 - vi. when a player contacts the opponents' court with the whole foot or hand, or with any other body part (point and serve to the opposing team),

- vii. when a player contacts the ball when that is the fourth contact for the team before the ball has been contacted by the opposing team (point and serve to the opposing team),
- viii. the ball goes completely under the net (point and serve to the opposing team),
- ix. when a player interferes with an opponent's ability to freely play the ball, including:
 - 1. touching the opponent in such a way as to interfere with the player (point and serve to the opposing team),
 - 2. making comments, calls, or gestures in such a way as to distract the opponent (point and serve to the opposing team),
- x. when the ball contacts:
 - 1. the overhang wall at the end of the court *if last played by a player on the same side of the court* (replay the point only if a player was in position to make a play on the ball, otherwise point and serve to the opposing team)
 - 2. the court, including boundary lines (point and serve to the opposing team),
 - 3. the ground surface outside the court (point and serve to the team that did **not** touch the ball last),
 - 4. any object or person, excluding the net, ceiling, and players (point and serve to the team that did **not** touch the ball last)
 - 5. the ceiling or anything attached to the ceiling (**replay the point**),
- j. If, during a team's Term of Service, the team has been awarded 5 consecutive points, the next serve shall be awarded to the opposing team without a point award.
- k. When a team is awarded the service for the next point when it did not serve to start the prior point, that team shall rotate one position in the service order as described above.
- l. Play shall continue until one team is awarded the number of points and point differential designated as the endpoint of the game.

Grades 5&6 League Rules Summary

Volleyball at the 5th and 6th grade level is intended to provide instruction to the players and be an active and energetic game intended to teach a lifelong love of the sport, and prepare girls on the teams for playing at the 7th Grade Middle School team level. To this end, the rules will be enforced at a level somewhat more stringent than that for the 3rd and 4th grade level. To encourage player development and experimentation with advanced skills, rules for the attack line, touches off the block, and double touches are not enforced per traditional rules so long as the coaches and teams do not abuse these rules allowances.

- a. Teams will use light balls.
- b. Teams will use the wide BLACK basketball court lines, extended across the court approximately 27 feet from the centerline, as the service line. All rules that designate the service area and foot faults during service will be based on this line.
- c. Teams will use the normal court boundary lines around the entire court for all other purposes.
- d. There will be a maximum of 6 players on the court during play; the coach shall submit a game card with service order for all players present on the court and on the bench to the referee prior to game start.
- e. Teams will use an all-roster rotation, with the bench players, in order, substituting into the court:
 - i. into position 4 on the side of the court where the front row is rotating away from the bench, or
 - ii. into position 1 (serve) on the side of the court where the back row is rotating away from the bench.
 - iii. The player coming off the court shall sit at the end of the bench in rotation order.
 - iv. Coaches have the option of rotating players from benches on both sides of the court.
- f. No rules applying to the **Attack Line** apply to 5&6 Grade League, so long as the service order is maintained. This is to encourage young players to develop attacking and defense skills.
- g. Each point shall start:
 - i. when players are positioned correctly on the court (see rules for positioning and overlap),
 - ii. with a signal from the referee for service (whistle and hand signal),
 - iii. continue with the player in the service position contacting the ball to propel the ball into play.
- h. Each point shall end, a point and serve awarded for the following events, in order:
 - i. If the referee decide an outside agent interferes with play (replay the point),
 - ii. If the referee inadvertently blows the whistle (replay the point),
 - iii. when a player catches, lifts, holds, or contacts the ball for extended periods of time (point and serve to the opposing team),
 - iv. when a player contacts the ball twice with two distinct plays on the ball before another person contacts the ball (point and serve to the opposing team),
 - v. when a player makes significant contact with the net (point and serve to the opposing team),
 - vi. when a player contacts the opponents' court with the whole foot or hand, or with any other body part (point and serve to the opposing team),

- vii. when a player contacts the ball when that is the fourth contact for the team before the ball has been contacted by the opposing team [referees will not count a touch during **any** ‘block attempt’ with hands above shoulder level near the net as a team contact] (point and serve to the opposing team),
- viii. the ball goes completely under the net (point and serve to the opposing team),
- ix. when a player interferes with an opponent’s ability to freely play the ball, including:
 - 1. touching the opponent in such a way as to interfere with the player (point and serve to the opposing team),
 - 2. making comments, calls, or gestures in such a way as to distract the opponent (point and serve to the opposing team),
- x. when the ball contacts:
 - 1. the overhang wall at the end of the court *if last played by a player on the same side of the court* (replay the point only if a player was in position to make a play on the ball, otherwise point and serve to the opposing team)
 - 2. the court, including boundary lines (point and serve to the opposing team),
 - 3. the ground surface outside the court (point and serve to the team that did **not** touch the ball last),
 - 4. any object or person, excluding the net, ceiling, and players (point and serve to the team that did **not** touch the ball last)
 - 5. the ceiling, if the ball is not again played by the team that last touched the ball (point and serve to the opposing team),
- h. If, during a team’s Term of Service, the team has been awarded 5 consecutive points, the next serve shall be awarded to the opposing team without a point award.
- i. When a team is awarded the service for the next point when it did not serve to start the prior point, that team shall rotate one position in the service order as described above.
- j. Play shall continue until one team is awarded the number of points and point differential designated as the endpoint of the game.

Grades 7&8 Leagues Rules Summary

Volleyball at the higher grade-levels is intended to provide instruction to the players and be an active and energetic game intended to teach a lifelong love of the sport, and prepare the girls for playing at the Middle School and High School team levels. Because there are diverse levels of players in our leagues, the rules are modified to provide fair play but are not as stringent as those applied to the School Team competitions.

- a. Teams will use standard size and weight balls, provided by DCR.
- b. Teams will use the normal court boundary lines around the entire court for all purposes.
- c. There will be a maximum of 6 players on the court during play; the coach shall submit a game card with service order for all players present on the court and on the bench to the referee prior to game start.
- d. Teams will use an all-roster rotation, with the bench players, in order, substituting into the court:
 - v. into position 4 on the side of the court where the front row is rotating away from the bench, or
 - vi. into position 1 (serve) on the side of the court where the back row is rotating away from the bench.
 - vii. The player coming off the court shall sit at the end of the bench in rotation order.
 - viii. Coaches have the option of rotating players from benches on both sides of the court.
- e. Each point shall start:
 - i. when players are positioned correctly on the court (see rules for positioning and overlap),
 - ii. with a signal from the referee for service (whistle and hand signal),
 - iii. continue with the player in the service position contacting the ball to propel the ball into play.
- f. Each point shall end, a point and serve awarded for the following events, in order:
 - i. If the referee decide an outside agent interferes with play (replay the point),
 - ii. If the referee inadvertently blows the whistle (replay the point),
 - iii. when a player catches, lifts, holds, or contacts the ball for extended periods of time, or makes multiple contacts on the ball after the first team hit [excluding any touch on a blocked ball] (point and serve to the opposing team),
 - iv. when a player contacts the ball multiple times before another person contacts the ball [excluding a ball played directly after a successful **block**] (point and serve to the opposing team),
 - v. when a player makes significant contact with the net (point and serve to the opposing team),
 - vi. when a player contacts the opponents' court with the whole foot or hand, or with any other body part (point and serve to the opposing team),
 - vii. when a player contacts the ball when that is the fourth contact for the team before the ball has been contacted by the opposing team [referees will not count a touch during any **block** as a team contact] (point and serve to the opposing team),
 - viii. the ball goes completely under the net (point and serve to the opposing team),
 - ix. when a player interferes with an opponent's ability to freely play the ball, including:
 - 1. touching the opponent in such a way as to interfere with the player (point and serve to the opposing team),

2. making comments, calls, or gestures in such a way as to distract the opponent (point and serve to the opposing team),
- x. when the ball contacts:
 1. the overhang wall at the end of the court *if last played by a player on the same side of the court* (replay the point only if a player was in position to make a play on the ball, otherwise point and serve to the opposing team)
 2. the court, including boundary lines (point and serve to the opposing team),
 3. the ground surface outside the court (point and serve to the team that did **not** touch the ball last),
 4. any object or person, excluding the net, ceiling, and players (point and serve to the team that did **not** touch the ball last)
 5. the ceiling, if the ball is not again played by the team that last touched the ball (point and serve to the opposing team),
 - g. If, during a team's Term of Service, the team has been awarded 5 consecutive points, the next serve shall be awarded to the opposing team without a point award.
 - h. When a team is awarded the service for the next point when it did not serve to start the prior point, that team shall rotate one position in the service order as described above.
 - i. Play shall continue until one team is awarded the number of points and point differential designated as the endpoint of the game.

High School Grade Leagues Rules Summary

Volleyball at the higher grade-levels is intended to provide instruction to the players and be an active and energetic game intended to teach a lifelong love of the sport, and prepare the girls for playing at the Middle School and High School team levels. Because there are diverse levels of players in our leagues, the rules are modified to provide fair play but are not as stringent as those applied to the School Team competitions.

- a. Teams will use standard size and weight balls, provided by DCR.
- b. Teams will use the normal court boundary lines around the entire court for all purposes.
- c. There will be a maximum of 6 players on the court during play; the coach shall submit a game card with service order for all players present on the court and on the bench to the referee prior to game start.
- d. High School will use standard rotation and substitution rules.
- e. Each point shall start:
 - i. when players are positioned correctly on the court (see rules for positioning and overlap),
 - ii. with a signal from the referee for service (whistle and hand signal),
 - iii. continue with the player in the service position contacting the ball to propel the ball into play.
- f. Each point shall end, a point and serve awarded for the following events, in order:
 - i. when a player catches, lifts, holds, or contacts the ball for extended periods of time, or makes multiple contacts on the ball after the first team hit [excluding any touch on a blocked ball] (point and serve to the opposing team),
 - ii. when a player contacts the ball multiple times before another person contacts the ball [excluding a ball played directly after a successful **block**] (point and serve to the opposing team),
 - iii. when a player makes significant contact with the net (point and serve to the opposing team),
 - iv. when a player contacts the opponents' court with the whole foot, hand, or other body part (point and serve to the opposing team),
 - v. when a player contacts the ball when that is the fourth contact for the team before the ball has been contacted by the opposing team [referees will not count a touch during any **block** as a team contact] (point and serve to the opposing team),
 - vi. the ball goes completely under the net (point and serve to the opposing team),
 - vii. when a player interferes with an opponent's ability to freely play the ball, including:
 1. touching the opponent in such a way as to interfere with the player (point and serve to the opposing team),
 2. making comments, calls, or gestures in such a way as to distract the opponent (point and serve to the opposing team),
 - viii. when the ball contacts:
 1. the overhang wall at the end of the court *if last played by a player on the same side of the court* (replay the point only if a player was in position to make a play on the ball, otherwise point and serve to the opposing team)
 2. the court, including boundary lines (point and serve to the opposing team),

3. the ground surface outside the court (point and serve to the team that did **not** touch the ball last),
 4. any object or person, excluding the net, ceiling, and players (point and serve to the team that did **not** touch the ball last)
 5. the ceiling, if the ball is not again played by the team that last touched the ball (point and serve to the opposing team),
- g. If, during a team's Term of Service, the team has been awarded 5 consecutive points, the next serve shall be awarded to the opposing team without a point award.
 - h. When a team is awarded the service for the next point when it did not serve to start the prior point, that team shall rotate one position in the service order as described above.
 - i. Play shall continue until one team is awarded the number of points and point differential designated as the endpoint of the game.
 - j. High School League matches will be played using the following co-ed rules:
 - i. The number of boys on the court may be greater than the number of girls on the court plus 1.
 - ii. If there are two or more touches during a play (excluding blocks) before the ball goes over the net, one of the touches must be by a girl.